

ORGANIC LUNCH RECIPES



Having lunch keeps you going through the afternoon and stops that afternoon slump. Many of us just grab a sandwich but there are many other choices to mix it up a bit. Using organic foods also means that there are no chemicals in your food. Chemicals that can affect your mood and energy. Which means you double up on the benefit of eating a healthy lunch if it is organic.

Salad

If the weather is cold you might not feel like a salad. But a salad with lots of variety in it never gets boring. Organic varieties of salad vegetables are also widely available at most supermarkets. Make sure they are all organic. Better still, salad ingredients such as tomatoes, peppers and salad leaves are really easy to grow at home.

Try making your salad with some, or even all, of these ingredients. Remember eating a variety of colours means you are getting a bigger selection of healthy vitamins and minerals. Wash them in cold water and chop or slice into bite size pieces, if necessary.

Baby spinach, arugula[rocket], kale.

Tomatoes – there are lots of varieties and colours so why not mix it up a bit. Cherry tomatoes are bite size and oh so delicious.

Cucumber, gherkins, celery.

Spring onions, red onions, pickled onions.

Radish.

Bell peppers – a selection of colours makes your salad look more inviting.

Raw grated carrot or beetroot.

Broccoli stems often get thrown away. Don't waste them. Chop them into fine dice and throw into your salad.

Organic nuts and seeds add delicious crunch to your salad – almonds and pumpkin seeds are particularly tasty. Organic versions are available easily.

Fruit – you can add sliced organic apples. Berries or raisins also add a little sweetness.

You can add pretty much any organic meat, fish, cheese or eggs to your salad. Salmon is particularly nice and can be hot or cold.

Soup

On those cold days when salad just won't cut it why not try soup?

You can make almost anything into soup. Have you got a few organic vegetables in the fridge that you haven't used up? Peel and chop them.

Gently fry a chopped onion with a tablespoon of organic olive or coconut oil. Add chopped vegetables and ½ pint of vegetable stock (made with a stock cube).

Simmer until all the vegetables are soft. Cool slightly. Blend in a food processor.

Soup will keep warm for a couple of hours in a flask to enjoy in your lunch break.

Great organic vegetable combinations are tomato and red pepper – roast before adding to the pan.

Sweet potato and butternut squash – add fresh rosemary to really lift the flavour.

Curried parsnip is a lovely warming soup. Just add curry powder to the frying pan to release the flavour before adding the stock.

If you are able to prepare lunch at home try one of these recipes.

Roast vegetable bruschetta (per portion)

½ organic courgette, sliced

3 – 4 organic cherry tomatoes

½ red, ½ yellow bell pepper - sliced

2 whole garlic cloves

Small wholegrain or seeded organic baguette – sliced in half lengthways

Organic humus – red pepper is great but any flavour will work

Organic olive or coconut oil

Roast the vegetables in a moderate oven until softened (20-30 mins)

When cooked toast the bread and spread with the softened garlic. Then spread with humus.

Top with roast vegetables and enjoy.

Pasta

Pasta makes a filling lunch and can be served hot or cold. Organic whole meal pasta is the healthiest option.

Cook the pasta in boiling water. If eating cold it is delicious with organic mayonnaise and flakes of cooked, line-caught fish and prawns. If you prefer it hot, add organic pesto or a delicious tomato sauce made from home-grown tomatoes. Add free-range, organic cooked chicken and oven-roasted vegetables for a tasty, filling meal.

There are literally thousands of recipes you can prepare for lunch so you should never get bored. Just make sure the food you are buying is fresh, organic and sustainable. That way it's better for you and better for the planet.